



Natural Standard

The Authority on Integrative Medicine

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Natural Standard provides high-quality, evidence-based information about complementary and alternative therapies, diets, exercise and nutrition. For more information, please visit www.naturalstandard.com.

Can Fish Help Prevent Childhood Eczema?



According to a recent study, infants who are fed fish may have a lower risk of developing eczema, an allergic skin disease, in early childhood.

The researchers followed nearly 5,000 children who were participating in a larger ongoing health study in Sweden. When the infants were six months old, the scientists asked the parents about their children's diets and signs of allergic eczema. The parents were interviewed again when the babies were one year old.

By six months of age, 14 percent of the babies developed eczema. This increased to 21 percent by one year of age. On average, symptoms of eczema occurred at four months of age. The researchers noted that the strongest risk factor for developing eczema in early childhood was having a mother or sibling with the condition.

This study, published in the [Archives of Disease in Childhood](#), revealed that compared to babies who did not eat fish before nine months of age, babies who did eat fish were 24 percent less likely to develop eczema by age one. It did not appear to matter if the fish contained large amounts of omega-3 fatty acids. Although it has been suggested that omega-3 fatty acids, commonly found in fish oils, may help prevent allergic diseases, several recent studies have found no such effects.

The authors made several other observations. The age at which dairy products or eggs were introduced into the diet did not appear to affect the risk of developing eczema. Earlier guidelines recommended that parents delay the introduction of potential food allergens, including cow's milk, and eggs. The authors also found that smoking or having cats or dogs in the home did not appear to be risk factors.

Unexpectedly, breastfeeding had no significant impact on eczema risk in the infants. These results stand in contrast to the recent guidelines published by the American Academy of Pediatrics, which recommend that babies who are at high-risk for developing asthma and other allergic diseases be exclusively breastfed for the first few months of life.

Allergic diseases, including eczema have becoming increasingly common over the years, but the reason for this remains largely unknown. While researchers know that genetics plays a big role,

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more research is needed to understand the impact of allergic foods, such as dairy, eggs, nuts and seafood.

Additional studies are needed before fish can be recommended as part of an infant's diet to prevent eczema.

For more information about fish and fish oil, please visit **Natural Standard's** [Foods, Herbs & Supplements](#) database.

To comment on this story, please [click here](#) to enter **Natural Standard's** blog.

References

1) Alm B, Aberg N, Erdes L, Möllborg P, Pettersson R, Norvenius G, Goksör E, Wennergren G. Early introduction of fish decreases the risk of eczema in infants. Arch Dis Child. Published Online First: 25 September 2008. [View Abstract](#)

2) **Natural Standard** Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.

Natural Standard Medical Conditions Book

Natural Standard's latest book, [Natural Standard Medical Conditions Reference: An Integrative Approach](#), is expected to hit stores this December. The book provides comprehensive information on more than 100 of the most common medical conditions.



Each chapter provides detailed background information on the medical condition and related conditions, including prevalence and patient prognosis. Next, risk factors, disease pathology, signs and symptoms, complications and diagnosis are thoroughly described.

Unique to this book are integrative therapies that are categorized by level of evidence: strong, good, and unclear or conflicting scientific evidence, as well as fair negative or strong negative scientific evidence. This allows clinicians to easily review available treatment options and the supporting evidence, which they can use to guide their recommendations. Many patients self-prescribe herbs and supplements, and the safety and efficacy information in these monographs is useful to educate and provide an evidence-based context for clinicians.

Each monograph ends with a section on prevention, giving tips to help prevent the condition or perhaps avoid recurrence after treatment is finished. This section presents a more mainstream perspective, a key feature for overall clinician reference.

Integrative therapies have continued to gain popularity and constitute a multi-billion dollar commercial industry. As more patients begin to try integrative approaches, it is increasingly necessary that both patients and clinicians have access to evidence-based information regarding these therapies. This book serves as an all-inclusive reference tool for clinicians and their patients, providing the standard in evidence-based and integrative patient care.

To order a copy of the book, please [click here](#).

Scripps Center for Integrative Medicine Events



Destination Health Retreat: Renewing Mind, Body and Soul

Scripps Center for Integrative Medicine is hosting its 8th annual retreat, entitled "Destination Health Retreat: Renewing Mind, Body and Soul." The retreat will take place from October 12-17, 2008, at the Kauai Marriott Resort & Beach

Club in Kauai, Hawaii.

Participants will experience a luxury vacation combined with lectures, workshops and activities. The event offers participants a chance to improve wellness, enhance medical knowledge and renew a sense of spirituality.

9th Annual Science and Clinical Application of Integrative Holistic Medicine Course

On November 17-21, 2008, Scripps Center for Integrative Medicine and the American Board of Integrative Holistic Medicine are offering their 9th Annual Science and Clinical Application of Integrative Holistic Medicine Course at the Paradise Point Resort in San Diego, California. This educational program will provide an up-to-date review of integrative holistic medicine science and research.

Medical doctors, doctors of osteopathic medicine, nurse practitioners, physician assistants, nurses, pharmacists, nurse midwives and other health professionals who are seeking to expand their clinical competencies to include a mind-body-spirit approach to healing are invited to attend the event.

6th Annual Natural Supplements Conference: An Evidence-Based Update

On January 22-25, 2008, Scripps presents its 6th Annual Natural Supplements Conference: An Evidence-Based Update. The conference, held at the Paradise Point Resort in San Diego, California, aims to provide a concise and clinically relevant overview of natural supplements and nutritional medicine.

The faculty will present evidence-based research to help healthcare providers understand regulatory issues and discuss the risks and benefits of natural supplement use with their patients.

Continuing education credits will be available for physicians, nurse practitioners, nurses, nurse midwives, acupuncturists, chiropractors, dietitians, pharmacists, physician assistants and psychologists.

Participants in any of these three events will receive a 10 percent discount by entering in the promotional code: NS2008 on their registration forms.

For more information, please call 858.652.5400, visit www.scripps.org/conferenceservices or e-mail med.edu@scrippshealth.org.

If you would like us to post your event(s) online, please e-mail news@naturalstandard.com.

Sweet Smells May Promote Sweet Dreams

The scent of flowers may lead to pleasant dreams, a new study reports.

The study, presented at the [American Academy of Otolaryngology-Head and Neck Surgery Foundation](#) annual meeting in Chicago, found that the smell of rotten eggs during sleep caused dreams to become negative, while the smell of roses had a positive effect.



German researchers, led by Boris Stuck, a professor of otorhinolaryngology at Heidelberg University, studied 15 healthy females. When the women entered rapid-eye movement (REM) sleep (the stage when most dreaming occurs), they were exposed to a non-odorous control, the smell of roses or the smell of rotten eggs for 10 seconds. One minute later, the participants were woken up. Each woman was exposed to each substance once.

When the women woke up, they were asked to describe their dreams and how they felt during the dreams. Dreams were reported in 40 out of the 45 awakenings. All of the participants reported positive dreams when they were exposed to the scent of roses, while most reported negative

dreams when they were exposed to the scent of rotten eggs.

Aromatherapy has been used for many years to reduce stress and anxiety and improve sleep. During aromatherapy, essential oils from plants are diluted and then sprayed in the air, inhaled or applied to the skin. Massage is often used to deliver oils into the body and is considered the most effective method.

Lavender aromatherapy is commonly used for relaxation and has been shown to relieve anxiety. Early research suggests that lavender may help improve sleep quality, particularly in people with insomnia.

Previous studies have found that other types of stimulation during sleep, such as pressure, sound or vibration, may also affect dreams.

For more information about integrative therapies for sleep disturbances, please visit **Natural Standard's** [Comparative Effectiveness](#) database.

To comment on this story, please [click here](#) to enter **Natural Standard's** blog.

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1) **Natural Standard** Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.

2) [No authors listed]. Abstracts of the annual meeting of the American Academy of Otolaryngology--Head and Neck Surgery Foundation, September 21-24, 2008, Chicago, Illinois, USA. Otolaryngol Head Neck Surg. 2008 Aug;139(2 Suppl 1):P10-200. [View Abstract](#)

Duke University Celebrates NMLM Month



October is National Medical Librarians Month (NMLM), and [Duke University](#) is celebrating by providing activities, food breaks and door prizes to those who use their services.

During the month-long campaign, the university will have weekly contests and workshops. Participants are also able to enter into drawings for one of their vendor-donated door prizes. At the end of the month, the Duke Bookstore is sponsoring "Duke Day," which will include drawings for Duke-themed items.

For more information, please visit www.mclibrary.duke.edu.

If you would like us to post your event(s) online, please e-mail news@naturalstandard.com

Safety of Tanning Beds Questioned

Although tanning beds have been marketed as a possible safe alternative to outdoor sun, evidence shows that ultraviolet (UV) rays are harmful, regardless of where they come from.

Three recent papers published in the journal [Pigment Cell & Melanoma Research](#) suggest that the UV rays in tanning beds increase the risk of melanoma, the most serious type of skin cancer. According to the authors, UV rays harm the skin by causing DNA damage, photo-aging and skin cancer.



A review article by Marianne Berwick, an epidemiologist at the University of New Mexico, suggests that tanning beds are not safer than sun exposure. In fact, Berwick concluded that tanning beds may be associated with an even higher risk of melanoma. She calls for future studies and states "because of this uncertainty, the data do not support a claim that sun beds are safe, and such

claims should be should be considered misleading."

These papers come just months after the Indoor Tanning Association launched a nationwide campaign questioning the link between UV exposure and melanoma. They claimed that tanning actually improves health since UV exposure helps the body produce vitamin D.

David Fisher, president of the Society of Melanoma Research and lead author of one of the studies, claims that these purported health benefits are overstated, and the potential risks outweigh any possible benefit. Fisher argues that people can maintain healthy levels of vitamin D by eating a healthy diet and possibly taking supplements.

"Whereas genetic and other factors undoubtedly contribute importantly to skin cancer risk, the role of UV is incontrovertible, and efforts to confuse the public, particularly for the purposes of economic gain by the indoor tanning industry, should be vigorously combated for the public health," David Fisher and his colleagues wrote.

For more information about tanning, please visit [Natural Standard's Health & Wellness](#) database.

To comment on this story, please [click here](#) to enter [Natural Standard's](#) blog.

References

- 1) Bennett D. Ultraviolet wavebands and melanoma initiation. *Pigment Cell & Melanoma Research*. Oct. 2008. Volume 21 Issue 5, Pages 520 - 524. [View Abstract](#)
- 2) Berwick M. Are tanning beds "safe?" Human studies of melanoma. *Pigment Cell & Melanoma Research*. Oct 2008. Volume 21 Issue 5, Pages 517 - 519. [View Abstract](#)
- 3) **Natural Standard** Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.
- 4) Tran T, Schulman J, Fisher E. UV and pigmentation: molecular mechanisms and social controversies. *Pigment Cell & Melanoma Research*. Oct. 2008. Volume 21 Issue 5, Pages 509 - 516. [View Abstract](#)

CAPHIS Reviews **Natural Standard**



*CAPHIS, the Consumer and Patient Health Information Section, recently featured a review of **Natural Standard**. CAPHIS is a section of the Medical Library Association (MLA), which fosters excellence in the professional achievement and leadership of health sciences library and information professionals to enhance the quality of healthcare, education and research.*

Below is an excerpt of the review, written by Barbara Bibel, M.A., M.L.S., CHIS, Reference Librarian.

Consumers spend \$30 billion a year on herbs, vitamins, supplements and other alternative therapies. How can they find out whether these treatments work for specific conditions or for general health purposes? Physicians often know little about them. The **Natural Standard** Database is an excellent resource for learning about complementary and alternative treatments.

The database is easy to use. An international team of more than 500 contributors, healthcare professionals with academic affiliations, searches nine major databases (AMRD, CANCERLIT, CINAHL, CISCOP, Cochrane, EMBASE, Hebmed, International Pharmaceutical Abstracts, Medline, and NAPRALERT) and 20 journals not indexed in databases to collect information. They search for literature on efficacy in humans, dosage, adverse effects, use during pregnancy and lactation, mechanism of action and effects on laboratory tests. All literature undergoes blind review by the editorial board.

To read the full review, please [click here](#).

XIV European Conference on Developmental Psychology

Individuals interested in psychology research are invited to attend the XIV European Conference on Developmental Psychology. The event will take place at Mykolas Romeris University in Vilnius, Lithuania on August 18-22, 2009.



Hosted by the European Society for Developmental Psychology (ESDP), the conference will focus on the most relevant topics and issues in recent theoretical and methodological advances of developmental psychology, basic research and applied areas. Abstract submissions for this biennial conference are due by December 15, 2008.

The ESDP will offer a series of pre-conference workshops on August 17-18, 2009, which will involve recent advances that move developmental research designs beyond traditional methods. Workshops will be designed to fit the needs of young researchers, but they will be offered to all participants.

The ESDP, founded in 1994, aims to support the interests of developmental psychologists working in Europe. The organization's main objectives are to govern the stimulation, support and conduct of developmental research in the European context.

For more information, please visit, www.ecdp2009.com.

If you would like us to post your event(s) online, please e-mail news@naturalstandard.com.

Journal of Dietary Supplements



The first issue of the *Journal of Dietary Supplements (JDS)* is scheduled for publication this month. The international, peer-reviewed journal aims to help consumers and clinicians make informed decisions about the preparations, foods and botanicals that are used to improve health.

Formerly called the *Journal of Nutraceuticals, Functional & Medical Foods*, the journal provides a much-needed forum to help guide the development of the dietary supplement industry. There are many recurring sections, including the Health Professional's Corner, an Industry Spotlight, a Special Topics section, the Educator's/Dietician's Corner, a Regulatory Corner and book reviews, as well as short updates of recent research published or presented.

The upcoming issue will feature the following articles:

- Effect of creatine supplementation on muscle capacity in individuals with multiple sclerosis.
- Impact of ingestion of rice bran and shitake mushroom extract on lymphocyte function and cytokine production in healthy rats.
- Effect of *Asparagus falcatus* on acetaminophen toxicity in mice: A comparison of antioxidative effect with N-acetyl cysteine.
- Effect of sea buckthorn leaves based herbal formulation on hexachlorocyclohexane-induced oxidative stress in rats.

The journal will also include a **Natural Standard** Professional monograph on boron. The evidence-based systematic review includes written and statistical analyses of scientific literature, expert opinion, folkloric precedent, history, pharmacology, kinetics/dynamics, interactions, adverse effects, toxicology and dosing.

Please send manuscript submissions via e-mail to: jds@naturalstandard.com, ATTN: JDS. Please fill out the [manuscript submission form](#) and e-mail, mail or fax to: **Natural Standard**, 245 First Street,

FDA Proposes Guidelines For Genetically Engineered Animals

The [U.S. Food and Drug Administration \(FDA\)](#) released proposed guidelines for how it would regulate genetically engineered (GE) animals to ensure that they are safe for humans and the environment.



Scientists produce GE animals by combining genes from different organisms to enhance their traits. Although GE animals have been produced and studied in laboratories for many years, meat from GE animals is not available for consumption in the United States. The FDA's proposed guidelines focus on animals that would be used as foods or whose blood or milk would be used to make medications.

The FDA plans to work with agencies in the U.S. Department of Agriculture (USDA) and other federal departments and agencies, such as the Environmental Protection Agency (EPA) to regulate the industry and develop coherent policies.

According to the guidelines, producers of GE animals that are intended for food use will need to prove to that their products are safe to eat. The FDA also plans to assess any potential environmental impacts of GE animals.

The FDA does not plan to require GE animal products to bear labels indicating that they are genetically modified. Similarly, foods from GE plants do not have to be labeled. However, labeling may be required if the GE animal is different from its non-engineered counterpart, for instance, if there was a change in its nutritional profile.

Although GE animal products are not on the market yet, GE produce has been sold for many years. According to the FDA and USDA, there are more than 40 genetically modified plants that have completed all of the federal requirements to be sold in the United States. Genetic engineering is commonly used in agriculture to improve taste and quality, reduce maturation time, increase nutrition, increase tolerance to extreme temperatures, as well as to improve resistance to diseases, pests and herbicides.

The public has the opportunity to comment on the [proposed guidelines](#), entitled "The Regulation of Genetically Engineered Animals Containing Heritable rDNA Constructs," until November 18, 2008.

"This is a cutting-edge technology that has significant implications, including real benefits, not just for human health, but also for animal health, such as developing disease-resistant animals," said Center for Veterinary Medicine Director Bernadette Dunham. "We look forward to the public comments to help refine our thinking and approach."

For more information about genetically modified foods, please visit [Natural Standard's Genomics & Proteomics](#) database.

To comment on this story, please [click here](#) to enter [Natural Standard's](#) blog.

References

- 1) [Natural Standard](#) Research Collaboration: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2008.
- 2) U.S. Food and Drug Administration (FDA). www.fda.gov

Upcoming Webinars



[Natural Standard](#) is offering a series of upcoming complimentary webinars on integrative medicine. All webinars are recorded and archived at



www.naturalstandard.com.

Natural Standard welcomes feedback and questions about the webinar events. To comment on a recent webinar or to suggest future webinar topics, [click here](#) to enter **Natural Standard's** blog.

Botanicals and Menopause

Presented by: Maida Taylor, MD, MPH, FACOG

- October 14 from 11 a.m. to 12 p.m. Eastern Time
To register, click www1.gotomeeting.com/register/995820200
Attendee call in number: (712) 432-1399, access code 450-615-749
- October 14 from 2 p.m. to 3 p.m. Eastern Time
To register, click www1.gotomeeting.com/register/288020239
Attendee call in number: (641) 715-3222, access code 169-402-823

Natural Standard Database Overview

Presented by: Chief Editor Catherine Ulbricht, PharmD

- October 28 from 3 p.m. to 4 p.m. Eastern Time
To register, click www1.gotomeeting.com/register/548776860
Attendee call in number: (616) 883-8055, access code 386-478-732

Natural Standard Partners with Skyscape

Natural Standard and Skyscape are proud to announce our partnership to deliver high-quality hand-held references to healthcare providers and researchers. Together via this collaboration, all professional **Natural Standard** database subscribers receive a free, one-year, handheld version plus a 15 percent discount on 500+ clinical, drug and diagnostic references offered by Skyscape.



To benefit from this collaboration, simply contact us, and provide a complete e-mail address list of authorized subscribers who are interested in taking advantage of this special offer. Eligible handheld users will receive personal codes to activate their own free one year handheld download.

To receive a 15 percent discount on additional Skyscape references, please visit www.skyscape.com/naturalstandard and enter discount code: 93821.

Inside Natural Standard



Visit Natural Standard at these Upcoming Conferences

The 4th annual Natural Products Expo East/Organic Products Expo-BioFach America will take place on [October 15-18](#) at the Boston Convention and Exhibition Center. Please visit **Natural Standard** at booth #1224.

The Midwest Michigan Library Association (MLA)/Michigan Health Sciences Libraries Association (MHSLA) Meeting will take place on [October 17-21](#) at the Detroit Troy Marriot Hotel in Troy, Michigan.

The American Osteopathic Association's 113th annual Convention and Scientific Seminar will take place on [October 26-30](#) in Las Vegas, Nevada. Please visit **Natural Standard** at booth #736.

Welcome!

Natural Standard would like to welcome Dan Alves, Jay Chojnowski, Caitlin Crowley, Kelly

Flanagan and John Kinnecome to our team. We would also like to welcome the following PharmD students from Massachusetts College of Pharmacy: Bao Vy Ho, Christine Huynh and Kyona Johnson, as well as Katie Ingersoll from Northeastern University School of Pharmacy.

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